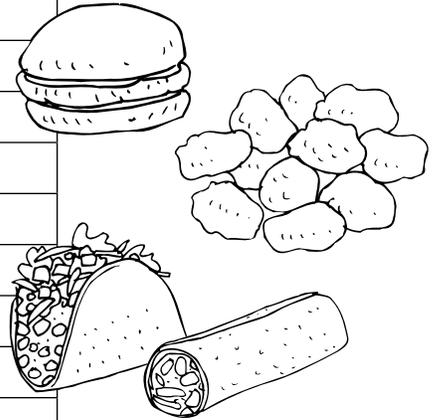


Name: _____

Where's the Fat?

Popular Fast Foods

Food	Total Fat (grams)
Hamburger	9
Quarter-pound hamburger	18
Fried fish filet sandwich	18
Crispy fried chicken	23
Chicken nuggets (10 pieces)	24
Beef soft taco without cheese	8
Beef taco, regular style, without cheese	7
Bean burrito, no cheese	8
Taco salad with ground beef, no cheese	39



1. How many grams of total fat are in a quarter-pound hamburger? _____

2. How many grams of total fat are in a regular hamburger? _____

3. Circle the food with less fat:

Taco salad OR Beef soft taco

Bean burrito OR Fried fish filet sandwich

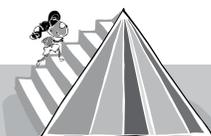
Crispy fried chicken OR Hamburger

4. List three ways you can make lowfat choices when you're eating out.

1. _____

2. _____

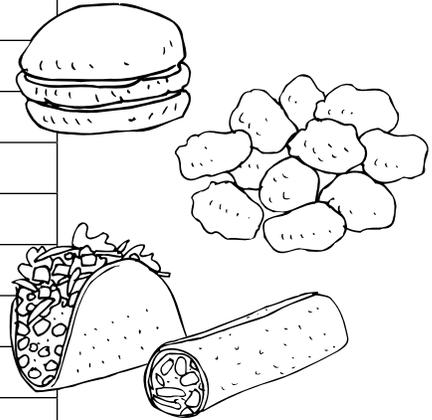
3. _____



Where's the Fat? Answer Key

Popular Fast Foods

Food	Total Fat (grams)
Hamburger	9
Quarter-pound hamburger	18
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Crispy fried chicken	23
Chicken nuggets (10 pieces)	24
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Beef taco, regular style, without cheese	7
Bean burrito, no cheese	8
Taco salad with ground beef, no cheese	39



1. How many grams of total fat are in a quarter-pound hamburger? **Answer: 18 grams**

2. How many grams of total fat are in a regular hamburger? **Answer: 9 grams**

3. Circle the food with less fat:

Taco salad

OR

Beef soft taco

Bean burrito

OR

Fried fish filet sandwich

Crispy fried chicken

OR

Hamburger

4. List three ways you can make lowfat choices when you're eating out.

1. Choose grilled (*not fried*)
2. Choose the smaller size (*hamburger versus the quarter-pound hamburger*)
3. Look at nutrition information provided by the restaurant before making your selection.

